

Montana

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

<p>The Epidemic</p> <p>57% of Montana adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>17% of non-Hispanic white adults and 39 percent of American Indian adults in Montana are obese. (CDC BRFSS, 2002; Montana AIS, 2003)</p> <p>The obesity rate for Montana adults rose by 115% from 1990 to 2002. (CDC BRFSS, 1990, 2002)</p> <p>18% of Montana high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)</p>	<p>Program Priorities</p> <p>The Montana Nutrition and Physical Activity Program received CDC funding for obesity prevention and control under a previous cooperative agreement, for two years, beginning in 2001. A comprehensive state plan, <i>MOVE Montana...Healthy Weight Initiative</i>, was completed in early 2003.</p> <p>Community-based nutrition and physical activity coalitions have developed action plans and implemented pilot interventions in two of the state's largest population centers (Missoula and Kalispell) and on one Indian reservation (Fort Peck). The focus of these interventions has been on implementing a science-based nutrition and/or physical activity curriculum in selected schools. Additional population areas may be added through competitive grants if funds become available.</p>
<p>Major Accomplishments to Date</p> <ul style="list-style-type: none">➤ Twenty-nine schools participating in the National Walk to School Day➤ Co-sponsored a three-part training for Montanan American Indian Communities focusing on the Native American Healthy Schools-Healthy Communities Summit and Defeating Diabetes➤ Completed School Health Index assessment in 65 schools➤ Implemented the CATCH curriculum in 8 schools➤ Co-sponsored the "Fighting the Obesity Epidemic in Indian Country" training (broadcast to six states)	<p>Upcoming Events and Products</p> <ul style="list-style-type: none">➤ A review of and revisions to the state plan➤ Expansion of plans for a breast feeding initiative to increase the number of partners who are actively involved➤ Increased attention to planning for environmental change and identification of environmental indicators
<p>Partners</p> <p>American Cancer Society American Diabetes Association Flathead City County Health Department Ft. Peck Tribal Health Department Help Committee/Boys and Girls Club of the Hi-line Missoula City County Health Department Montana Dietetic Association Mont. Department of Health & Human Services, Tobacco Prevention Program and WIC Program Montana Office of Public Instruction, Coordinated School Health, School Food Service, and Team Nutrition Programs Montana Social Norms Project Montana School Health Program Montana State University University of Montana-Missoula</p>	<p>Project Period: 2004-2008 Year First Funded: 2001 Funding Stage: Capacity Building Contact Person: Lynda Blades, MPH, CHES Health Education Specialist Montana Department of Public Health and Human Services Telephone: 406-444-7324 Fax: 406-444-7465 E-mail: lblades@state.mt.us</p>

